

Resistance Band Discs

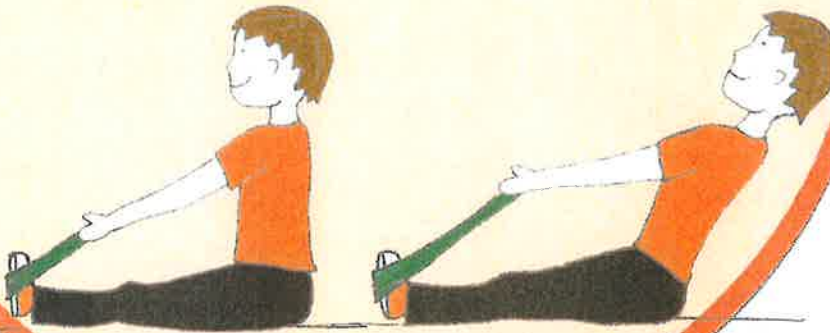
- Print these discs on a colour printer, then cut them out and laminate them
- These exercises can be done using Theraband (SchoolSpecialty.ca) or a resistance band intended for gym use (Walmart, Superstore). These bands come in various levels of resistance. For students, light → medium resistance bands are recommended.

Ready, Set, Regulate!

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SD 43: Learning Services- Self-Regulation

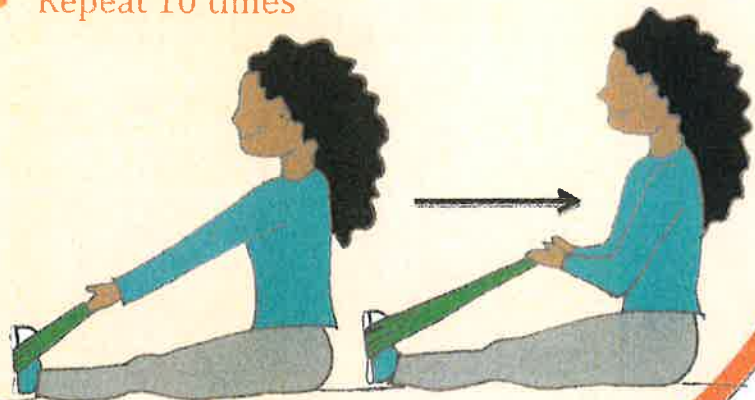
Seated Rowing

- Tie a knot in the resistance band and hook it over your feet.
- Lean back while pulling your arms towards your tummy
- Return to the starting position
- Repeat 10 times



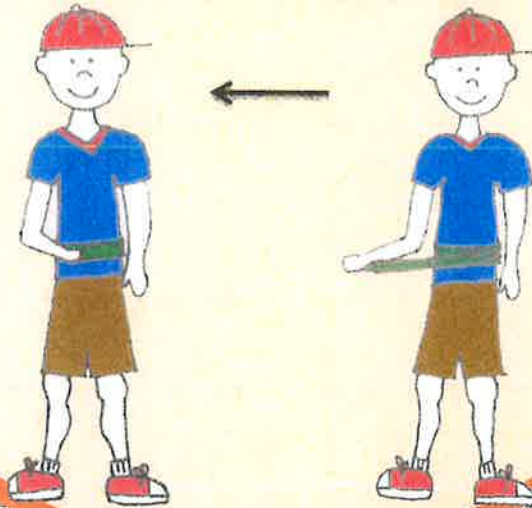
Bicep Curl

- Tie a knot in the resistance band and hook it over your feet.
- Hold the band with your palms facing up
- Without leaning back pull the band towards your chest then slowly return to the starting position
- Repeat 10 times



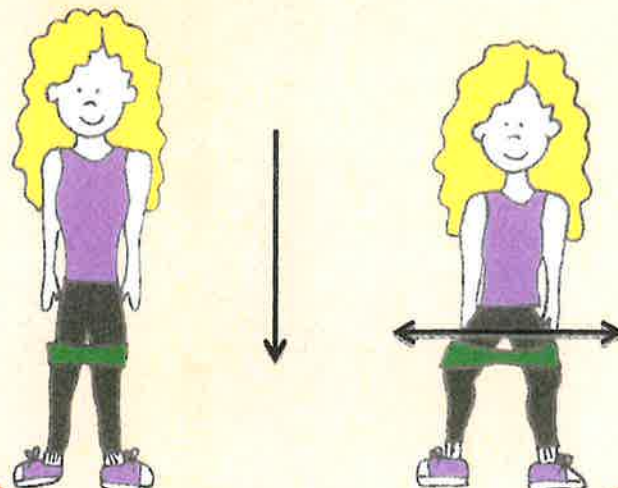
Arm Rotations

- Tie a knot in the resistance band so it fits loosely around your tummy
- Keeping your elbow "glued" to your side, slowly pull the band out to one side
- Slowly return to the starting position
- Repeat 10 times then change to the other arm



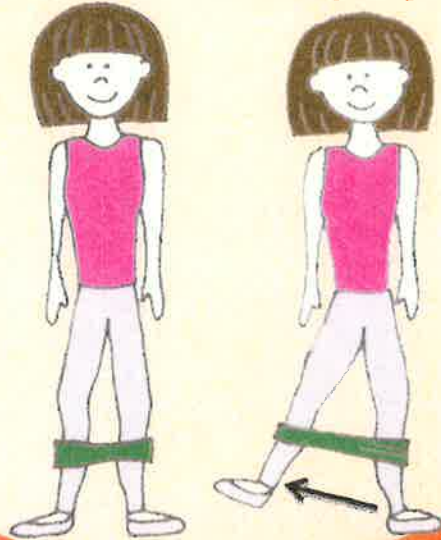
Monster Squats

- Tie the resistance band so it fits loosely around both legs above the knee
- Step out to the side and bend your knees so it looks like you're trying to sit on a chair



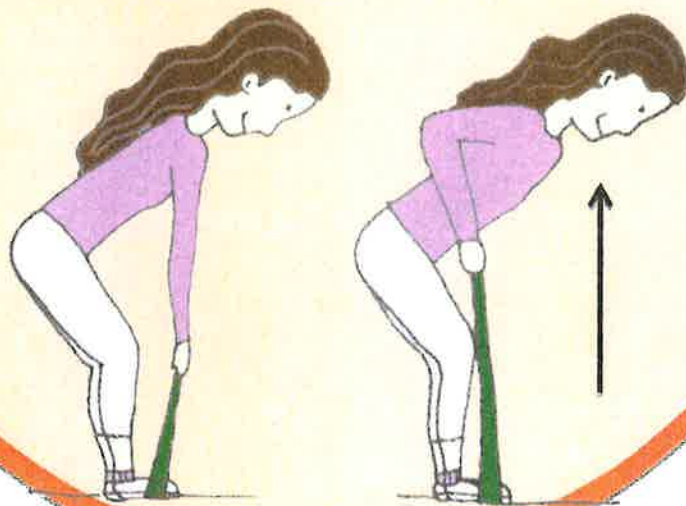
Scissor Legs

- Tie a knot in the resistance band so it fits around your lower legs
- Stand straight and raise one leg to the side
- Return to the starting position
- Repeat 10 times, then change legs



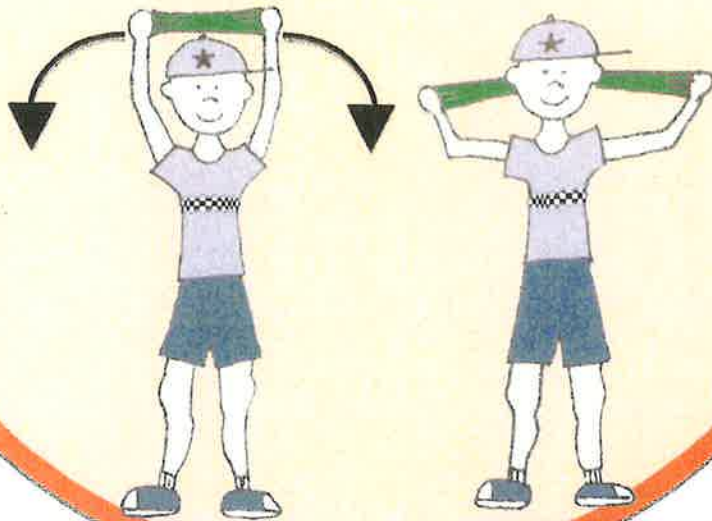
Standing Row

- Tie a knot in the resistance and stand on the loop
- Stand straight and slowly pull the band towards your chest
- Slowly return to the starting position
- Repeat 10 times



Lateral Pull Down

- Hold the band above your head
- Slowly pull the band out and down on both sides so that it is extended behind your head
- Return to the starting position
- Do this 10 times



Side Bend

- Step on the band with one foot and hold the band in the hand on the same side
- Slowly lean to the side that is furthest away from the band
- Return to the starting position
- Do this 10 times, then change sides

